

Day 1		Day 2		Day 3		
8.30	Welcome and Intro (45)	Option early start / practical set up		Option early start / practical set up		
8.45		Day 1 recap - resolve issues (15)		Assessment (2hr30)		
9.00	What Is coaching (45)	Bike Theory (60)				
9.15						
9.30	Break	Bike Practical (2hr30) - Astro		Reflection time (30)		
9.45						
10.00	Coaching Safely (60)			Lunch (45)		
10.15						
10.30	Break			Intro to Conditioning sessions (45)		
10.45						
11.00	Coaching Skills (45)		Session Planning (60)			
11.15						
11.30	Lunch (45)		CPD Development Course feedback/wrap up			
11.45						
12.00	Run Theory (60)		Swim Theory (60)			
12.15						
12.30	Lunch (30)		Swim Practical (2hr 30) - 2 Lanes			
12.45						
13.00	Run Practical (2hr30) - Astro				1-2-1 feedback and action planning - 10-15 minute per candidate.	
13.15						
13.30	Reflection on Practical & Day 1 wrap up (30)				Option - wrap up / clarification	
13.45						
14.00	Option - wrap up / clarification				Option - wrap up / clarification	
14.15						
14.30	Option - wrap up / clarification				Option - wrap up / clarification	
14.45						
15.00	Option - wrap up / clarification				Option - wrap up / clarification	
15.15						
15.30	Option - wrap up / clarification				Option - wrap up / clarification	
15.45						
16.00	Option - wrap up / clarification				Option - wrap up / clarification	
16.15						
16.30	Option - wrap up / clarification				Option - wrap up / clarification	
16.45						
17.00	Option - wrap up / clarification				Option - wrap up / clarification	
17.15						

3-4 week gap

Option early start / practical set up	
Assessment (2hr30)	
Reflection time (30)	
Lunch (45)	
Intro to Conditioning sessions (45)	
Session Planning (60)	
CPD Development Course feedback/wrap up	
1-2-1 feedback and action planning - 10-15 minute per candidate.	